

Parents teach responsibility by being clear. Don't be afraid to say "no," but do it with love and consistency. Children do not need every toy or video game they want. When children get everything they want, they always expect to get their way. Teaching them to handle small disappointments now will help them handle larger disappointments in the future.

Give children manageable chores and tasks to do at home. For example, it is reasonable to expect a 7-year-old to keep her or his room clean. It might seem easier for you to clean it. But if you do everything for your children, they cannot develop their sense of responsibility and independence. If each child has a chance to do this chore, she or he will develop a sense of competence and responsibility for the task. Giving children responsibilities around the house helps them feel like valuable members of the family who contribute to the family's well-being.

Remind children over and over, or help them.

It helps to show children what you expect. Meeting your expectations helps them develop a sense of accomplishment. This will help them become responsible, competent, and independent adults. You must give them guidance now while they are under the safety of your family's care. Allow them to make mistakes now and right their wrongs with your guidance. Later, when authority figures are not around, they will know what to do because they have had practice.

Reference

- Clarke, J. I., C. Dawson, and D. Bredehoft. (2004). *How Much Is Enough? Everything You Need to Know to Steer Clear of Overindulgence and Raise Likeable, Responsible, and Respectful Children.* New York: Marlowe & Co.
- Gottman, J. (1997). *Raising an Emotionally Intelligent Child.* New York: Simon & Schuster.

When your child comes to you feeling angry, sad, or frustrated, how do you respond?

1. Don't worry about it. You'll be fine.
2. What do you have to be sad about? There are bigger problems in the world! What did you do to cause this?
3. I know how you feel. I have felt that way, too. That feels terrible. You will feel better if you cry.
4. Wow—it sounds as if you are sad about that. Situations like this are tough, but we can probably figure out a way to handle this.

These responses represent these types of parents:

1. The Dismissive parent plays down feelings. This parent faces a scraped knee or a social

- snubbing with, "You're all right." This kind of parent feels uncomfortable with a child's display of emotions and feels uncertain about what to do.
2. The Disapproving parent criticizes or punishes the child for expressions and believes emotions make people weak or that negative emotions must be stopped.
 3. The Laissez-faire parent accepts emotions and offers comfort, but doesn't teach problem-solving techniques.
 4. The Emotion Coach accepts a child's feelings without belittling or denying them. This parent doesn't try to control the child's emotions. Instead, the emotion coach sees each expression as an opportunity to build a bond and teach problem-solving.

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